

Junior High Morality

Task 3: Catechesis moral formation in Jesus Christ

Christ is the norm of morality. “Christian morality consists, in the simplicity of the Gospel, in *following Jesus Christ*, in abandoning oneself to him, in letting oneself be transformed by his grace and renewed by his mercy, gifts which come to us in the living communion of his Church.”

National Directory for Catechesis p. 163
(cf. *Veritatis Splendor 119*)



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1/12/2010

Lesson 1 Living as a Creature of God

Catechism	Content	Scripture	Teacher Notes
<ul style="list-style-type: none"> • 1 • 27, 30 • 27-28, 30 	<p><i>Desire for God</i></p> <ul style="list-style-type: none"> • God is love; in Himself He lives a mystery of personal, loving communion as Father, Son, and Spirit. We call this mystery the Holy Trinity. • God created each person to share His blessed life and is always with them everywhere they go. • God desires to have a special relationship with each person. He is constantly drawing each person closer to Him in a deep friendship. • There is a desire and thirst for God in the heart of every human person that can only be satisfied by God. St. Augustine of Hippo said, “You have made us for yourself, Oh Lord. And our heart is restless until it rests in you.” • It is the purpose of each person to fulfill their natural desire for God. Only in God can lasting joy and peace be found in this life and in the next. 	<ul style="list-style-type: none"> • Psalm 105: 3 • Acts 17:26-28 	
<ul style="list-style-type: none"> • 356-361, 371, 1701-1702 	<p><i>Image and Likeness of God</i></p> <ul style="list-style-type: none"> • God created human persons in His own image and likeness. Each person is a unity of body and soul. • God made man and woman for each other; equal as persons but different so that they can help and complement one another. Original sin wounded the relationship between man and woman, weakening the perfect trust, respect, and love that once existed between them. 	<ul style="list-style-type: none"> • Genesis 1:27 	
<ul style="list-style-type: none"> • 357 	<ul style="list-style-type: none"> • Because God created each person in His image and likeness, they possess a dignity that is uniquely special. Each person is called to experience a covenant relationship with God. God’s part of the covenant is steadfast love and fidelity. Each person fulfills their part of the covenant relationship when, through faith, they say “yes” to God. Faith believes what cannot be seen. This mystery of faith is lived in this life as a journey of love and service. 		

<ul style="list-style-type: none"> • 365 	<ul style="list-style-type: none"> • The human person is the only creature on earth that God has willed for its own sake, rather than as simply a means to some other end. This dignity distinguishes us from the rest of creation and makes human life infinitely more precious than any other form of life. • Every human person is endowed with an immortal soul and created for eternal happiness. Our souls have the spiritual powers of reason and free will. Our reason enables us to understand what is right and good, and our free will enables us to choose it. • Because we are created in the image and likeness of God who is Love, our fundamental vocation in life is to become a loving person. “To love is to will the good of another” (St. Thomas Aquinas). This means that we can only find happiness and fulfillment as human beings when we sincerely give of ourselves for the good of others. (cf Gaudium et Spes, 24) • The human person is both a bodily and a spiritual being. The human body is meant to express the person and shares in our vocation to love. • Every person deserves respect because they are made in the image and likeness of God. <p><i>Freedom and Responsibility</i></p> <ul style="list-style-type: none"> • God created human beings with all the faculties necessary to reach their final goal of union with Him. • Men and women have been given free will. This distinguishes them from animals which live by their instincts. Animals cannot freely choose. • God willed that each person He created be given the freedom to choose. This freedom can bring happiness or unhappiness. Freedom is used appropriately when God’s law of love and goodness are chosen. • Free will, through the ability to think, recognizes that good choices or bad choices can be made. 	<ul style="list-style-type: none"> • Sirach 15:14 	
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<ul style="list-style-type: none"> • 1712 • 1731 • 1734 • 1746 	<ul style="list-style-type: none"> • True freedom comes from living in God’s image and likeness. • Freedom comes from being able to know, and will, what is good. • Freedom makes each person responsible for their choices. • Ignorance, stress, or psychological weakness can affect a person’s responsibility. • People have the responsibility to form their consciences to learn what is right or wrong. <p>Original Sin</p> <ul style="list-style-type: none"> • Adam and Eve were tempted to disobey God and His commandment to them. When they chose to break their covenant with God they committed the first sin. We call this sin original sin. • Adam and Eve broke their covenant with God and they were justly punished by the loss of paradise, original grace, original holiness, and original justice. • Part of their punishment was that all their descendants would be born with the stain of original sin. The effect of original sin is a tendency towards sin called concupiscence. • The effects of original sin, our concupiscence, make it more difficult to make good choices. Because of concupiscence a person can be mistaken into believing sinful choices are good choices. Sin limits the ability to give and receive love. • Out of love for His creation, God promised that a Savior would come and redeem the world. Jesus Christ is the fulfillment of this promise. He came to suffer and to merit, on behalf of creation, the chance at eternal life. • By becoming man, dying, and rising again, Jesus re-unites creation to God. • His sacrifice makes it possible for all people to grow in holiness and to eventually meet their final goal of union with God in Heaven. 		
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<ul style="list-style-type: none"> • 2052-2054, 2061 • 1962 • 1955 • 2041-2043 • 2042 	<ul style="list-style-type: none"> • The covenant relationship requires that each person live in such a way that demonstrates they are followers of Christ. Living a moral life is a large part of the Christian life. • God gave His Chosen People the Ten Commandments so they could understand how to live their part of the covenant. God's part of the covenant is unfailing love and faithfulness. Each person should respond to God by obeying the Ten Commandments and living out the Beatitudes. <i>The Ten Commandments</i> • God gave the Israelites the Ten Commandments as part of His covenant with them. • The Ten Commandments are laws of the new covenant as well. • The principal precepts of natural moral law are expressed in the Ten Commandments. <i>The Precepts of the Catholic Church</i> • The precepts of the Church are the minimum obligations for all Christians. • The precepts are: <ul style="list-style-type: none"> ~ To attend Mass on Sundays and on Holy Days of Obligation. ~ To confess sins at least once a year. (Anyone conscious of a mortal sin should seek reconciliation immediately.) ~ To receive Holy Communion at least once a year during the Easter season. ~ To observe the proscribed days of fasting and abstinence. ~ To help provide for the needs of the Church. 		
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<ul style="list-style-type: none"> • 1874 • 1440 • 1854-1855 • 1858-1859 • 1857 • 1855 • 1863 	<p>tell the priest and the priest will help.</p> <ul style="list-style-type: none"> • After the penitent prays the Act of Contrition, the priest will extend his hand and pray the Prayer of Absolution. Once he is finished with this prayer he will say “go in peace” or something similar; the penitent will reply, “Amen.” • If a person gets confused at any point during their confession they should let the priest know and the priest will help them to make a good confession. <p>Sin</p> <ul style="list-style-type: none"> • Sin is a deliberate choice to disobey God. A person cannot sin by accident. • Sin wounds our relationship with God and His Church. • Sin can weaken and destroy our life as God’s sons and daughters. • There are two types of sin: mortal and venial. • Mortal sin destroys the very life of God within us. • For a sin to be mortal the following conditions must be met: <ul style="list-style-type: none"> ~ It must be a serious matter ~ You must know it is wrong ~ You must act with full consent of your will • Mortal sin results in a serious loss of grace. “We cannot be reunited with God unless we freely choose to love Him. But we cannot love God if we sin against Him against our neighbor or against ourselves...To die in mortal sin without repenting and accepting God’s merciful love means remaining separated from Him for ever by our own free choice. This state of definitive self-exclusion from communion with God and the blessed is called “hell” (CCC 1033). • Venial sin strains our relationship with God. It does not break the covenant with God or deprive a person of God’s grace, but weakens their relationship with Him. 		
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<ul style="list-style-type: none"> • 1865 • 1866 • 1866 	<p><i>The Capital Sins</i></p> <ul style="list-style-type: none"> • Sin creates a tendency towards additional sin and the growth of vices. The end result is inclinations which corrupt what is good into something evil. • The early Church Fathers identified the main vices, calling them the capital sins. These vices are “capital” because they encompass all other sins and vices. They are also known by the title of the Seven Deadly sins. They are called “deadly” because they are like poison to the soul slowly destroying goodness and a relationship with God. • Through the practice of virtue one can overcome vice. Practice of specific virtues helps combat a particular vice. • The seven capital sins and their opposing virtues (sometimes called the seven capital virtues) are: <ul style="list-style-type: none"> ~ Pride vs. Humility ~ Avarice vs. Generosity ~ Envy vs. Charity ~ Wrath vs. Meekness ~ Lust vs. Chastity ~ Gluttony vs. Temperance ~ Sloth vs. Diligence 		
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Lesson 4 Honoring God

Catechism	Content	Scripture	Teacher Notes
<ul style="list-style-type: none"> • 2084-2132 • 2110 • 2112 • 2142-2159 • 2144 • 2148 • 2152 	<ul style="list-style-type: none"> • Our relationship with God is the focus of the first three commandments. • The First Commandment – “I am the Lord, your God: you shall not have strange gods before me.” <ul style="list-style-type: none"> • The first commandment calls each person to love God above all other things. • Putting anything or anyone before or loving anything or anyone more than God is idolatry. Idolatry does not just mean worshipping statues or other gods, but putting more time and effort in the pursuit of power, popularity, money, or pleasure than a relationship with God. • The false idols put before God cannot satisfy and will lead to an unfulfilled life. • The Second Commandment – “You shall not take the name of the Lord your God in vain.” <ul style="list-style-type: none"> • Each person must show great respect for God and for His name. To misuse God’s name shows a lack of respect due to God. • To speak in vain means to say something that has no importance or positive result. • To show contempt or to use the name of God, the Church, or saints in an offensive way is blasphemy. • Perjury is lying under oath. To call upon God, the speaker of truth, to be the witness to a lie is a serious offense. • Vulgar language, by itself, is not sinful. It is crude, offensive, and not fitting for an authentic Christian life. 	<ul style="list-style-type: none"> • Exodus 20:2-5 • Deuteronomy 6:13-14 • Exodus 20:7 	

<ul style="list-style-type: none"> • 2168-2188 • 2169, 2172 • 2170-2171 • 2174-2176 • 2177-2183 • 2188 	<ul style="list-style-type: none"> • Vulgar language, however, can be sinful when it is used to express uncontrolled anger or rage and to purposely offend or put down another person. It is the circumstance and intent that make this action sinful. • It is when it is directed towards God that it is an offense against the second commandment. When directed towards another person it is an attack upon their human dignity and therefore comes under the fifth commandment. <p>The Third Commandment – “Remember the Sabbath day.”</p> <ul style="list-style-type: none"> • The Sabbath recalls creation. In six days, God created the world and it was on the seventh day He rested. As an image of God, we are called to imitate God’s action. Like our Heavenly Father, we need a day of rest to be refreshed in body and soul. • After the exodus from Israel, God prescribed the Sabbath to be a day of remembrance of the covenant between God and His people. • For Christians, the Lord’s Day is Sunday. Sunday fulfills the requirements of the third commandment because it is set aside as a day of rest honoring God. • We should avoid unnecessary work and shopping on Sundays. • Attending Sunday Eucharist is an important part of setting Sunday aside as a day of rest for God. • The Eucharist is the source and summit of the Church’s life; therefore it is necessary to live a devout life. • Attendance at Sunday Mass and on Holy Days of Obligation is one of the precepts of the Catholic Church. 	<ul style="list-style-type: none"> • Exodus 20:8-10 • Exodus 20:11 • Exodus 31:15 	
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Lesson 5 *✚* **Honoring Family**

Catechism	Content	Scripture	Teacher Notes
<ul style="list-style-type: none"> • 2197-2246 • 2214-2219 • 1638, 1641, 1643 • 2225 • 2234 • 2256 	<ul style="list-style-type: none"> • Because all humans were made in the image and likeness of God, all people have dignity and deserve to be treated as such. Each person must respect everyone else and treat them as they would want to be treated. <i>The Fourth Commandment</i> – <i>“Honor thy father and mother.”</i> • Each person should honor his or her parents by giving them: obedience, respect, gratitude, and assistance. • God gives men and women who marry the special privilege of cooperating in His greatest act of creation: the creation of a new human person. Corresponding to this special privilege is a married couple’s serious responsibility to take good care of the children God gives them. • Parents have been given the authority by God to guide their children to know and to do what is right and good. • Through the Sacrament of Marriage, parents are given a special grace to raise their children. This grace gives them authority that should be respected and obeyed. The Sacrament also calls them to be the primary teachers of their children in all areas of their life especially their faith. • The fourth commandment includes respecting other authority figures established for the public good, such as: teachers, counselors, coaches, youth leaders, priests, and civil authorities. • Obedience is not required if the request is to do something known to be morally wrong. • The Holy Family is the perfect model of familial respect and love. 	<ul style="list-style-type: none"> • Matthew 7:12 • Exodus 20:12 	

	<ul style="list-style-type: none">• God wants all families to become little communities of love like the Holy Trinity. This comes about when all of the members of the family truly care about one another and help one another in their daily lives.• Junior High students have more abilities and opportunities to help make their families communities of love. Helping around the house without being asked, helping care for younger siblings, being kind and considerate towards all members of the family, and respecting parents' authority to make decisions are all signs of love and maturity on the part of the young people.		
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<ul style="list-style-type: none"> • 2288-2291 	<ul style="list-style-type: none"> • To act in a way that leads others to sin is disrespectful of the other person and their soul. Scandal is behavior or an attitude that leads another person to sin. • To dare someone to act in a sinful way or to bribe or threaten someone leading them to sin does not respect their spiritual life and dignity. • Bullying does not respect the dignity of another person. To maliciously make fun of someone or to violently threaten them does not give their feelings or body the respect that is due to them. <p style="text-align: center;"><i>For example: Melanie might make fun of the way Jill dresses in her older sister's clothes. She does this to feel better about herself because she does not dress the way Jill does. When Jill comes in the next day with a fashionable outfit Melanie comments on how cute it is that Jill is trying to be fashionable, putting Jill down once again. Melanie is not loving or respecting Jill and her attempts to be loved and respected fail because no one wants to be friends with someone who has a reputation of being mean.</i></p> <ul style="list-style-type: none"> • Offensive language used specifically to offend, shock, or put down another does not respect their human dignity. • Physically harming another is an act of violence that offends against the fifth commandment. • Uncontrolled anger which offends leads to improper behavior or thoughts is another way in which we can disrespect the human dignity of ourselves and others. • Excessive or abusive use of food, alcohol, or drugs does not show the proper respect of the human body. Likewise, excessive exercising and dieting do not respect the body. It takes something good and distorts it so it is no longer healthy. These things sometimes become the main focus of our lives and no longer are good and healthy, but little idols that separate us from God. 	<p>18:6</p>	
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Lesson 7 Living Chastity

Catechism	Content	Scripture	Teacher Notes
<ul style="list-style-type: none"> • 2331-2365, 2380-2400, 2514, 2533 	<p><i>The Sixth Commandment & the Ninth Commandment</i> – “You shall not commit adultery.” & “You shall not covet your neighbor’s wife.”</p> <ul style="list-style-type: none"> • The sixth and the ninth commandment instruct us to live a life of chastity. • The virtue of chastity ensures that our thoughts, words, attitudes, and actions respect the beautiful gift of God’s love which He gives to a man and a woman in the Sacrament of Matrimony. • Adultery, lust, impure thoughts and actions, homosexual behavior, immodest dress and behavior, and pornography are all offenses against the sixth and ninth commandments. • God has given marriage two main purposes: to help a husband and wife grow in love, and to help Him bring children into the world. God has given sexual intercourse two similar purposes: to unite a husband and wife in love, and to make it possible for them to help Him bring children into the world. • When a couple marries they promise to each other, and the community, that they will be faithful to each other in “in good times and in bad.” (from the marriage vows) In the beginning God made man and woman to be joined to one another, this bond instituted by God cannot be broken by any person. For this reason the Church echoes the words of Christ, “whoever divorces his wife and marries another, commits adultery against her; and if she divorces her husband and marries another, she commits adultery (Mark 10:11-12).” 	<ul style="list-style-type: none"> • Exodus 20: 14 	
<ul style="list-style-type: none"> • 2351-2359 		<ul style="list-style-type: none"> • Exodus 20: 17 	
<ul style="list-style-type: none"> • 2521-2522 		<ul style="list-style-type: none"> • Galatians 3:27 	
<ul style="list-style-type: none"> • 2340-2341, 2346-2350 		<ul style="list-style-type: none"> • Matthew 5:8 	
<ul style="list-style-type: none"> • 1643 			
<ul style="list-style-type: none"> • 1650 		<ul style="list-style-type: none"> • Mark 10:9 	

	<ul style="list-style-type: none">• God wants sexual intercourse and all forms of sexual intimacy saved for marriage.• Contraception is morally wrong because it separates the love-giving and life-giving purposes which God has joined together in sexual union.• To practice the virtue of chastity, each person should cultivate modesty. Modesty means dressing, speaking, and acting in such a way that one does not draw attention to one's sex appeal or arouse sexual desire in another person.• St. Maria Goretti is a twentieth-century model for us of the virtue of chastity.• Much of the entertainment available in our culture contradicts the Christian vision of love and sexuality, and degrades the dignity of human beings.• The kind of love that enables one to say "no" to sexual activity before marriage, however attractive or available, is the kind of love which will best prepare a person for marriage.• The strength to live a loving and chaste life comes from our personal relationship with Christ. Daily prayer, frequent reception of the sacraments, and devotion to Mary help us to develop a close personal relationship with Christ.		
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Lesson 8 *Respecting Truth and Material Goods*

Catechism	Content	Scripture	Teacher Notes
<ul style="list-style-type: none"> • 2401-2463 • 2401 	<p>The Seventh Commandment – “You shall not steal.”</p> <ul style="list-style-type: none"> • This commandment guards against theft of goods or anything that is rightfully due to someone. <p style="text-align: center;"><i>For example: Downloading music or movies off the internet without paying does not give the company or the artist what is due to them for their product.</i></p>	<ul style="list-style-type: none"> • Exodus 20:15 	
<ul style="list-style-type: none"> • 2415-2416 	<ul style="list-style-type: none"> • The seventh commandment also promotes respect for all of creation. All of creation was entrusted to the care of humankind. Therefore, each person must care for the earth and for the animals. Think of St. Francis and his great love of the animals. • To harm God’s creation with the intention of causing havoc or pain is not respecting the world we have been given and our role as stewards. <p style="text-align: center;"><i>For example: To maliciously harm an animal, to watch it suffer is wrong and differs greatly from killing an animal for the purpose of obtaining food.</i></p>	<ul style="list-style-type: none"> • Genesis 1:26-29 	
<ul style="list-style-type: none"> • 2464-2513 • 2468 • 2482 • 2477 	<p>The Eighth Commandment – “You shall not bear false witness against your neighbor.”</p> <ul style="list-style-type: none"> • A lie is speaking an untruth with the intention of misleading or deceiving. • This commandment instructs each person to always tell the truth. • Human beings are social and must respect each other and each other’s reputations. 	<ul style="list-style-type: none"> • Exodus 20: 16 • Ephesians 4:25 	

Lesson 9 Living a Moral Life

Catechism	Content	Scripture	Teacher Notes
<ul style="list-style-type: none"> • 365 	<ul style="list-style-type: none"> • The human person is both a bodily and a spiritual being. The human body is meant to express the person and shares in our vocation to love. • Every person deserves respect because they are made in the image and likeness of God. • Living a moral life gives the proper respect to each person. It is the key to fulfillment and happiness in this life. <p>The Beatitudes</p>		
<ul style="list-style-type: none"> • 2055 	<ul style="list-style-type: none"> • Jesus wanted to show how to live a happy life by keeping the covenant. He gave us the two Greatest Commandments which sum up the Ten Commandments: <ul style="list-style-type: none"> ~ The first, “You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with your all your.” ~ And the second, “You shall love your neighbor as yourself.” 	<ul style="list-style-type: none"> • Matthew 22:36-40 	
<ul style="list-style-type: none"> • 1716-1729 	<ul style="list-style-type: none"> • In the Sermon on the Mount, Jesus gave us the Beatitudes. They are at the heart of the teachings of Christ. 	<ul style="list-style-type: none"> • Matthew 5:1-12 	
<ul style="list-style-type: none"> • 1717 	<ul style="list-style-type: none"> • The Beatitudes are a source of hope. They guide all people to bear witness to and proclaim the Gospel in every aspect of life. 		
<ul style="list-style-type: none"> • 1718 	<ul style="list-style-type: none"> • ‘Blessed’ refers to true happiness and joy that comes from knowing and believing that God is our Father. True spiritual joy and happiness can be found by following God’s way shown through Jesus’ life on earth. • The Beatitudes are: <ul style="list-style-type: none"> * Blessed are the poor in spirit, for theirs in the Kingdom of Heaven. <ul style="list-style-type: none"> ~ How happy and joyful are the people that know they are created by God. As God’s creatures they must trust and depend on God, 		

following His teachings.

- * Blessed are those who **mourn**, for they shall be comforted.
 - ~ How happy and joyful are the people who know that life on earth is not forever. **Suffering** and hardship are part of the journey because sin entered the world. By caring for others, forgiving others, and always choosing good, people will know the joy of God.
- * Blessed are the **meek**, for they will inherit the land.
 - ~ How happy and joyful are those who have a humble heart. They know their own weakness and their need for God. They know with God's help they must control their passions. They become meek when they depend upon God to help them to be good and wise at all times.
- * Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
 - ~ Happy and joyful are those who want total goodness more than anything else. This demanding Beatitude is a continual wish and desire for goodness. This constant hunger for truth and doing what is right will bring great satisfaction.
- * Blessed are the merciful, for they will be shown **mercy**.
 - ~ How happy and joyful is the person who can have empathy and full understanding of what others are experiencing. Their heart will respond with care and concern. God became man in Jesus, so that Jesus Christ, during His human life, could touch people with divine love.
- * Blessed are the clean of heart, for they will see God.
 - ~ How happy and joyful are the people whose motives are truly good. They want only to do good and have an unselfish love in all they do. They only want the best for others. They will see God's goodness on earth and forever in heaven.
- * Blessed are the **peacemakers**, for they will be called children of God.
 - ~ How happy and joyful are the people who make peace happen in their everyday lives. They make the world a better place; they

	<p>keep peace in their hearts, and have goodness and love in all their relationships with people.</p> <p>* Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven. ~ How happy and joyful are those who can be like Jesus in their every day life. They can suffer persecution as Jesus did. They choose Jesus over the world and all it offers. Others can be mean and say what is not true about them. They know in God's eyes what is true and they will find their happiness forever in heaven. They might have to stand alone on earth but they can be assured that Christ will be with them.</p> <p>Virtues</p>		
• 1804	<ul style="list-style-type: none"> • Virtues strengthen the moral life. A virtue is a good habit that helps us to do what is right. • Human virtues need to be strengthened by constant practice. A virtuous person strives to choose to do the moral good in all the actions of his or her life. • A virtuous life leads to becoming like God. The moral virtues grow through education, deliberate acts, and perseverance in struggle. God's grace purifies and strengthens us. 		
• 1805-1809	<ul style="list-style-type: none"> • The Cardinal Virtues are: <ul style="list-style-type: none"> ~ Prudence ~ Justice ~ Fortitude ~ Temperance 	• Wisdom 8:7	
• 1806	<ul style="list-style-type: none"> • Prudence is correctly choosing what should and should not be done. 	• Proverbs 14:15	
• 1807	<ul style="list-style-type: none"> • Justice is giving God and every person what is rightly theirs. 	• Leviticus 19:15	
• 1808	<ul style="list-style-type: none"> • Fortitude is having the strength to do what is right when it is difficult, such 	• John 16:33	

<ul style="list-style-type: none"> • 1809 • 1812-1814, 1817, 1822 • 1812-1813 • 1814-1816 • 1817-1821 • 1822-1829 	<p>as the courage to stand up for what you believe in the proper time and place.</p> <ul style="list-style-type: none"> • Temperance is having the moderation to do what is right when our desires for pleasure would have us do something else; it means finding the proper balance in our lives. • The Theological Virtues are: <ul style="list-style-type: none"> ~ Faith ~ Hope ~ Love (Charity) • The Theological Virtues are infused by God's grace. • The Theological Virtues are supernatural gifts from God. They cannot be developed or strengthened on their own. God must be asked for His grace and help. • Faith is believing in God. Through faith we accept the entire message of Jesus and enter into a personal relationship with Him. • Hope allows us to trust that God will be true to His promises and we will have eternal life because God wills it. • Charity, or love, is the greatest of the virtues. It allows us to love God and to love our neighbor out of love for God. 	<ul style="list-style-type: none"> • Sirach 5:2 • 1 Corinthians 13:13 • Hebrews 10:23 • John 15:9-12 	
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	<p><i>Visiting a nursing home. Adopting a family at Christmas time. Being an altar server. Doing chores around the house when not asked.</i></p> <ul style="list-style-type: none"> • The Spiritual Works of Mercy are: <ul style="list-style-type: none"> ~ Admonish the sinner. ~ Instruct the ignorant. ~ Counsel the doubtful. ~ Comfort the sorrowful. ~ Bear wrongs patiently. ~ Forgive all injuries. ~ Pray for the living and the dead. <p><i>For example: Charitably correcting a friend when they do something wrong. Listening to someone who is going through a difficult situation. Volunteering as a catechist's aid. Forgiving someone who has hurt you. Praying for family and friends who have passed away on the anniversary of their death.</i></p>	<ul style="list-style-type: none"> • Matthew 5:9 	
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<ul style="list-style-type: none"> • 1454, 1493, 1785 • 1491 • 1422 	<ul style="list-style-type: none"> • Before receiving the Sacrament of Reconciliation each person must perform an examination of conscience. • There are four actions in the Sacrament of Reconciliation. For the one receiving the Sacrament there are three actions: contrition, confession of sins, and reparation. The priest performs the action of absolution. • In order to receive the Sacrament, one must confess all mortal and venial sins. • The Sacrament of Penance is an opportunity to encounter a God of mercy through the person of Jesus Christ. • The human heart is made for God and true happiness is found when following the way of Christ. • The greatest gift for each person is to know and accept God’s love. • Monthly confession, even in the absence of mortal sin, is advised because it strengthens our relationship with God. <p>An Examination of Conscience</p> <p><i>To promote this practice, an examination of conscience should be provided for each student in the class. There are many different formats for this practice available which can be handed out to each student. If time permits the students could create a prayer card with the examination of conscience and act of contrition on them to place by their bed to be said each night.</i></p> <p>Example:</p> <p>The First Commandment</p> <ul style="list-style-type: none"> • Has my love of something been placed before my love for God? • Have I spent more time and effort on myself or material things than my relationship with God? • Have I practiced worship of any other god? <p>The Second Commandment</p> <ul style="list-style-type: none"> • Have I used the name of God in a disrespectful and inappropriate manner? • Have I blasphemed by speaking with contempt about God, the 	<ul style="list-style-type: none"> • Luke 15 	
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	<p>Church, or the saints?</p> <ul style="list-style-type: none"> • Have I lied under an oath or promise that I spoke the truth? • Have I used vulgar language directed towards God? <p>The Third Commandment</p> <ul style="list-style-type: none"> • Have I missed Sunday Mass because I did not want to go? • Have I missed mass on a Holy Day of Obligation? <p>The Fourth Commandment</p> <ul style="list-style-type: none"> • Have I obeyed my parents? • Have I spoken or thought disrespectfully to my parents? • Have I shown disrespect to my teachers, civil authorities, and elder family members in my thoughts or actions? <p>The Fifth Commandment</p> <ul style="list-style-type: none"> • Have I acted out of uncontrolled anger? • Have I used food or exercise in a way that is unhealthy for my body? • Have I used drugs or alcohol? • Have I respected life through my thoughts, words, and actions? • Have I acted in a way or with the intent to lead another to sin? • Have I intentionally harmed myself or another physically or verbally? <p>The Sixth and Ninth Commandment</p> <ul style="list-style-type: none"> • Have I dressed immodestly? • Have I acted with the intent to draw inappropriate attention to my body and sexuality? • Have I used vulgar language that disrespects the body and sexuality? • Have I lived chastely in my thoughts, words, and actions? • Have I treated others with the respect they deserve as the creature of God? <p>The Seventh Commandment</p> <ul style="list-style-type: none"> • Have I taken something that is not my own without permission or paying or returning it? • Have I intentionally harmed another one of God's creatures? • Have I littered or intentionally disregarded care for the earth? <p>The Eight Commandment</p> <ul style="list-style-type: none"> • Have I lied to anyone? 		
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	<ul style="list-style-type: none"> • Have I continued to tell a story that I do not know is true? • Have I shared private information about someone to another? <p>The Tenth Commandment</p> <ul style="list-style-type: none"> • Have I focused too much on gaining and retaining earthly goods? • Have I failed to share my money, time, or talent with someone in need despite the opportunity? • Have I felt sad at the good fortune of another? • Have I been happy when something bad happens to another? 		
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